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TŁUMACZENIA SŁÓWEK

CZYTAJ TEKSTY WRAZ Z LEKTOREM

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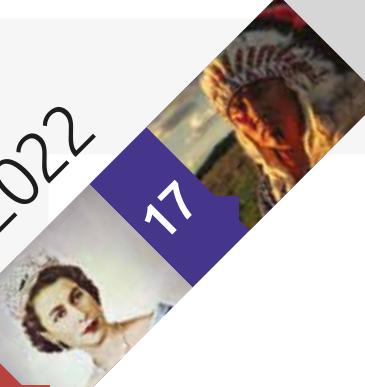


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PEOPLE & LIFESTYLE

Join *English Matters* as we take a look at the life and reign of Her Royal Highness, Queen Elizabeth II.



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WAYS OF
EXPRESSING
THE FUTURE
IN ENGLISH



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"Ways of Expressing
the Future in English"



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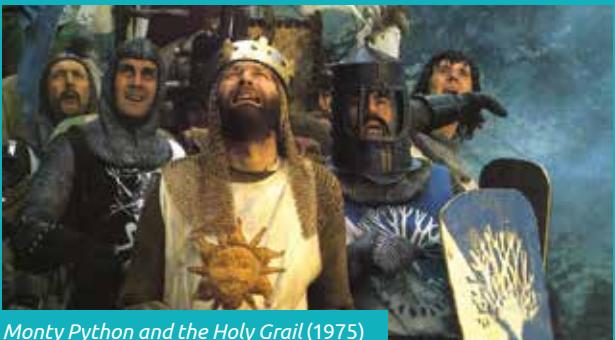
What's Eating Gilbert Grape (1993)



One Flew Over the Cuckoo's Nest (1975)



Back to the Future (1985)



Monty Python and the Holy Grail (1975)



My Fair Lady (1964)



Get Out (2017)



Forrest Gump (1994)



Erin Brockovich (2000)



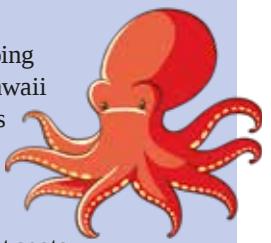
Jaws (1975)
jaw dżo | szczeka



Lost in Translation (2003)

PETS – FUN FACTS

- octopuses have three hearts
- cats spend 70% of their lives sleeping
- it is illegal to own a hamster in Hawaii
- cats memories are better than dogs
- dogs can smell emotions
- dogs were the first animals to be domesticated
- dalmatians are born white, without spots
- rats laugh when you tickle them



octopus | ósmiorzka

to own sth | posiadać coś

hamster | chomik

without sth | bez czegoś

to tickle sb/sth | łaśkotać kogoś/coś



AVEBURY HENGE



Avebury henge is a prehistoric British marvel. It used to be a ceremonial site, but it is not known for sure what the exact purpose of the henge was. The henge is older than Stonehenge and is the largest stone circle in Britain. Originally, the henge consisted of three circles and 100 massive stones. It is still unknown how the prehistoric people managed to transport and erect such huge stones there. The site is recommended to be visited on foot.

henge | krag z kamieni,

kamienny krag

marvel | cud

purpose 'pɜ:pəs / 'pɜ:rpəs | cel

originally | początkowo

to consist of sth | składać się z czegoś

to manage to do sth

| dać radę coś zrobić

to erect sth | wznieść,

wznosić coś

on foot | pieszo, na piechotę

21 WAYS TO RELAX

- eat some fruit
- massage your body with a foam roller
- massage your scalp or your hands
- do some stretching exercises
- have a stroll
- listen to your favourite music
- spend some time with your pet
- take a few deep breaths
- take a long shower or a bath
- drink some green tea
- have a short nap
- eat a snack
- daydream
- read a book
- talk to someone you like
- light a scented candle
- wipe your face with a warm towel
- work out
- relax your face muscles and your jaw
- kiss the person you love
- chew gum

to massage sth | *ə'mæsə:ʒ / mə'sa:ʒ 'sæmθɪŋ* | masować coś

foam roller | piankowy wałek do masażu

scalp | skóra na czubku głowy

to have a stroll | przespacerować się

pet | zwierzę domowe

a few | kilka

breath | *breθ* | wdech

to have a short nap | uciąć sobie krótką drzemkę

to daydream | po/marzyć

scented | *'sentɪd* | zapachowy

to wipe sth with sth | wytrzeć coś czymś

to work out | po/ćwiczyć

jaw | *dʒəʊ* | szczekato chew sth | *tʃju: 'sæmθɪŋ* | żuć coś

- What a pretty /'prɪti/ Rottweiler /'rɒt,vaɪlə/!
Do you often come to the dog park?
- Not really /'rɪəli/, it's my first time here. It
seems like my Max is getting along with your
French /frɛntʃ/ Bulldog.

to seem | wydawać się, wyglądać na

to get along with sb/sth | dogadywać się, dobrze się rozumieć z kimś/czymś



borrow

/'ba,roʊ/
pożyczać

carry

/'kæri/
nieść

run

/rʌn/
biec

realise

/'rɪəlaɪz/
zdać sobie sprawę

grab

/græb/
chwycić, złapać

brother

/'brʌðə/
brat

random

/'rændəm/
przypadkowy



/r/

The /r/ phoneme is one of the most important and probably one of the hardest English sounds to get right, but nothing's more satisfying than saying words like burger /'bɜ:gə/ or roaring /'rɔ:riŋ/ like a native speaker. Let's see what's so difficult about the English /r/.

The /r/ sound is a voiced consonant, so (as you know by now) prepare your vocal cords. It belongs to the group of sounds which are made by creating a small space in your mouth through which you let the air flow.

In British English, the /r/ sound can be heard at the beginning (rover /'rəʊvə/, ring /rɪŋ/), or in the middle (sorry /'sɔ:ri/, drink /drɪŋk/) of words. It's spelled with either single or double *r*. Although some words

in British English end with the *r* consonant (car /ka:/, bear /beə/), the sound itself isn't pronounced. This is not the case in American English, where the same words would end with a clearly audible /r/ sound (car /kar/, bear /ber/). It's worth noting that in rhotic pronunciation, the /r/ sound is not pronounced after vowels, unless it is also followed by a vowel (not followed by a vowel: spark /spa:k/, torch /tɔ:ʃ/; followed by a vowel: guarantee /gærən'ti:/, arrange /ə'reɪndʒ/).

Now, let's get into making the /r/ sound. The English *r* is quite different than its equivalent in other languages – it's much more soft in sound. In order to make the sound, you have to put the front of your tongue close to the back top of your mouth. Your tongue shouldn't touch your palate. Then, voice out your /r/ by pushing air out of your mouth, at the same time engaging your vocal cords. If you're able to hold the sound (Arrr! Just like a pirate), then you're doing it right. //

Sound & Speech

to get right | *tu:* wymówić poprawnie

voiced | dźwięczny

consonant | spółgłoska

vocal cords | struny głosowe

mouth /maʊθ/ | usta

to flow | przepływać

in the middle | w środku, pośrodku

either...or... | albo..albo...

although | chociaż

pronounced | wymawiany

audible /'b:dəbl/ | słyszalny

worth sth | wart/y czegoś

rhotic | rotyczny (o odmianie języka, w której głoska /r/ jest wymawiana na końcu sylaby lub gdy poprzedza spółgłoskę)

vowel | samogłoska

unless | chyba, że

spark | iskra, przebłysk

torch | latarka

to get into sth | zabrać się za coś

equivalent | odpowiednik

in order to | aby, żeby

tongue /tʌŋ/ | język

palate | podniebienie

to voice out sth | wypowiedzieć coś

to push sth out of sth | wypychać coś z czegoś

to engage sth | *tu:* anagażować coś, używać czegoś

able | zdolny



- All three /θri:/ **burglars** /'bɜ:gla:s/ were arrested /ə'restɪd/ and are currently /'kʌrəntli/ awaiting trial /'traɪəl/.

burglar | włamywacz

currently | obecnie

trial | proces

The Great Resignation

by Paul Martin, from Go Native – Online English School



Economists the world over were captivated during 2021 by a curious phenomenon affecting the US jobs market. People were quitting – in BIG numbers. In November that year alone, 4.5 mln people are said to have handed in their notices, continuing a trend which had prevailed throughout the year. But what has been driving this shift? *English Matters* gets to the bottom of the US's Great Resignation.

The contrast between resignation rates in 2020 and 2021 couldn't be starker. According to data collated by the US Bureau of Statistics, in April 2020, at the height of the initial Covid-19 related lockdowns, 2.1 mln people saw fit to call time on their current employment, clearly quite a brave move in a highly uncertain time.

captivated by sth | urzeczywistniać czymś, zafascynowywać/zaintrygować czymś

curious *kjøəriəs* / *kjøriəs* | ciekawy

phenomenon *fə'nəmənən* / *fə'na:mənən* | zjawisko

to affect sth | dotyczyć czegoś, wpływać na coś

to quit | odchodzić

to hand in one's notice | złożyć wypowiedzenie

to prevail *tə pri'veil* | przeważać, dominować

to drive sth | *tu:* napędzać coś

shift | zmiana

to get to the bottom of sth | docierać do sedna czegoś

1 stark | *tu:* brutalny, ostry

according to sth | według czegoś

data | dane

collated | zestawiony, porównany

height **haft** | wysokość, *tu:* szczyt

to call time on sth | za/kończyć coś

current | obecny

employment | zatrudnienie





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The pandemic, having forced the hands of companies into delivering all-out work-from-home as a necessity, demonstrably proved that not only is the model plausible, but has also assured its popularity with workers.

Fast forward one year later, however, by April 2021, and that number had just about doubled, with 4.1 mln people pulling the trigger on a career move. Those kinds of numbers then continued on for the remainder of the year, hovering at around the 4 mln leavers per month mark, each month.

What's more, the trend looks set to continue, with 40% of 'Gen Zers' telling a May 2022 Deloitte survey that they'd ideally like to move on from their current roles within the next two years, citing high stress levels, and a desire for a better work-life balance as key motivating factors.

Is Confidence Key?

It's clear that the freeze placed on all aspects of our lives during the 2020-21 lock-downs had a profound impact on the way we think about who we are. Both the UK

and US recorded spikes in the numbers of married couples seeking divorce, many people reawakened old passions and interests as they looked for ways to utilise the additional time on their hands, and the workforce clearly found extra time through which to give pause and reflect on their professional trajectories.

However, the fact that so many people made the leap during such a time of colossal uncertainty has baffled many observers, as historically workers have usually only felt emboldened to make such drastic changes during times of confidence.

In the 6-7 years preceding the 2008 global financial crisis – in an environment in which analogue office based working modes, aligned with more traditional views on professional loyalty still prevailed, but also in which the Western economy seemed stably rooted in growth after long periods of tumult – quit rates hovered consistently around the 2.5-3.0 mln per month range.

2 to fast forward | przewijać do przodu, przeskoczyć

to double | podwoić się

to pull the trigger on sth

| zdecydować się na coś, podjąć ostateczną decyzję

to hover at around X | wynosić około X, wahać się

leaver | odchodzący, osoba odchodząca z pracy

survey 'sɜːvɪ / 'sɜːrveɪ | ankieta

to move on | rozwijać się, iść do przodu

within sth | w ciągu czegoś

confidence | pewności siebie

freeze | tu: zastopowanie, pauza

profound | tu: ogromny

impact on sth | wpływ na coś

3 to record sth | odnotować coś

spike | wzrost

to seek sth | szukać czegoś, ubiegać się o coś

divorce | rozwód

to reawaken sth | rozbudzić coś, podjąć coś (ponownie)

to look for sth | szukać czegoś

workforce | siła robocza

to make the leap | podejmować decyzję, zrobić krok

uncertainty ʌn'sɜːntɪ / ʌn'sɜːrtntɪ | niepewność

to baffle sb | zdumiewać kogoś

emboldened | śmiały, ośmieszony, rozzuchwalony

preceding | poprzedzający

analogue 'ænələg / 'ænəlɔ:g

| analogowy

aligned with sth | idący w parze z czymś

to seem | wydawać się

stably | stabilnie

rooted in sth | zakorzeniony w czymś

quit rate | wskaźnik

odchodzenia z pracy

consistently | konsekwentnie, spójnie

But then came the shock of the crash, where these rates dropped significantly to their lowest levels of the past 20 years, dipping to even as low as 1.5 mln resignations in August of that year as the world floundered in the wake of deep recession.

What is particularly interesting, though, is that it took a number of years for that confidence to slowly return, with resignation numbers only rising fractionally from 2010-12, as workers preferred to play it safe in secure working conditions, rather than take the plunge into new working lives.

But clearly there has been a much quicker and sharper return to confidence this time around, so what could be behind that?

An Employee's Market

The increase in and normalisation of remote modes of working cannot be overstated. Employees, particularly those in skilled work but by no means exclusively, who make use of cloud based digital tools to complete their tasks, now have significantly greater flexibility in terms of where, when and how they work than ever before.

The technical reality of the potential to work in this way had been in place for a number of years, with companies having been forced to incrementally roll out increasing options for their staff to benefit from flexible working models for some time now.

However, the pandemic, having forced the hands of companies into delivering all-out work-from-home as a necessity, demonstrably proved that not only is the model plausible, but has also assured its popularity with

workers. In a recent Forbes study, 76% of professionals surveyed said that they now expect work-from-home to become standard, and a stunning 97% stated that they did not wish to return to the pre-pandemic status quo.

In a world where employers can no longer reliably shackle their workers to their desks in offices near their homes, increasing numbers of professionals, unbound by geography, have the scope to be much more selective in terms of who they choose to work for, and consequently have much more leverage with their current employers, too. This, truly, is an employee's market.

Larger Trends

But it would also be a mistake to assume that it's this Covid reflection and recovery that has provoked the situation alone, because there are other significant tendencies within the data that indicate

4 **to drop** | spadać
significantly | znacząco, znacznie
to dip to X | spadać do X
to flounder in sth | mieć problemy: *tu: pograżać się w czymś*
though | jednak/że
to rise | wzrastać, rosnąć
fractionally | nieznacznie, odrobinę
to play it safe | być ostrożnym, dmuchać na zimne
to take the plunge | zdecydować się na ryzykowny krok
employee | pracownik
increase | wzrost
overstated | przeceniony
by no means | w żadnym wypadku, w żaden sposób
in terms of sth | pod względem czegoś
forced to do sth | zmuszony do z/robienia czegoś
incrementally | narastająco, przyrostowo

a much larger picture being played out.

When you map out average resignations across the years 2013-2019, prior to the Covid shockwave, you see a very clear picture emerging.

5 **surveyed** | ankietowany
stunning | zdumiewający
status quo | stan istniejący
employer | pracodawca
reliably | solidnie
to shackle sb | ograniczać kogoś, *tu: przen. przykuwać kogoś do czegoś*
to roll sth out | *tu: rozwijać coś*
all-out | całkowity
to prove that... | udowadniać, że...
plausible | *plɔ:zəbl*
| przekonujący, sensowny
to assure sth with sb | umocnić coś
to indicate sth | wskazywać (na) coś
6 **to play out** | rozegrać, rozgrywać się
to map out sth | rozplanować coś
average | przeciętny
prior to X | uprzedni względem X, wcześniejszy niż X
shockwave | fala uderzeniowa
to emerge | wyłaniać się
7 **snapshot** | *tu: szybki ogląd*
trigger-happy | impulsywny, narwany
merely | jedynie, tylko, zaledwie
exacerbation | *tg,zæsə'beɪʃn* / *tg,zæsə'rbeɪʃn* | nasilenie, pogorszenie





of existing conditions rather than a complete **outlier**.

There are a number of motivations for this, but the **overarching** factor is that employee loyalty **is down**. People do not feel as bound

by obligation or sentiment to employers as they have in the past, and it is felt that mobility, as opposed to **long standing allegiances**, is more likely to drive career progression.

8 outlier | *tu: odèbny/jedyny czynnik*

overarching | *gòwny*

to be down | *spada´, obni´a´ si´*

9 long standing | *dòugotrwa´*

allegiance | *oddanie, przy´zanie*

10 in this vein | *w tym duchu/tonie*
unthinkable *ʌn'θɪŋkəbl* | *nie do pomy´enia*

to poll | *przeprowadzi´ sonda´/ankiet´*

swathe *sweɪð* | *tu: grupa, zakres*

blue collar worker | *pracownik fizyczny*

white collar worker | *pracownik umysłowy*

lack of sth | *brak czego´*

recognition | *uznanie*

wage | *pensja*

pay rise | *podwy´zka*

retirement | *emerytura*

spanner in the works

| *przeszkoda, gwòd´ do trumny, kij wòlo´ony w szpachy*

to turn out that... | *okazywa´ si´, é...*

voluntarily *'vɒləntrɪlɪ / ,və:lən'terəlɪ* | *ochotniczo*

financial means | *środki finansowe*

ageism | *dyskryminacja ze wzgl´du na wiek*

to transition into sth

| *przechodzi´ w co´, przekwalifikowywa´ si´*

to cast an eye towards sth

| *rzuci´ na co´ okiem, spojrz´ w jakim´ kierunku*

rampant | *szalej´cy*

ever-looming | *ciagle wyòniaj´cy si´*

threat of sth | *zagro´enie czym´*

to wonder | *zastanawia´ si´*

to hold the cards | *rozdawa´ karty*

to take over sth | *przejmowa´ co´*

to quit | *odchodzi´, rzuca´ prac´*

In this vein, millennials began the trend of 'job-hopping'. It is simply **unthinkable** to many of them that they would stay in the same company for decades, especially if their needs are not being met – which they are not. In late '21, the World Economic Forum **polled** a large **swathe** of the global workforce, and found that only about half – **blue collar** and **white collar** – were satisfied with their jobs.

When asked about the reasons for their dissatisfaction, answers ranged from **lack of recognition**, dislike of coworkers/bosses, lack of job growth to better work-life balance. The most cited reason though? Money. In a climate of **wage** stagnation throughout the mid-to-late 2010s, most people were leaving for a **pay rise**.

The Great... Retirement

One final **spanner in the works** on quit rates comes from very recent data published in the UK's Independent newspaper. It **turns out that** many people leaving the workforce are in fact doing so for good, and are aged between 50-64. Early retirement! And they are doing so **voluntarily**, mostly because they want to, and have the **financial means**, but with some citing **ageism** and a lack of support for older workers **transitioning into** the digital workplace.

Casting an eye towards the future, as we head into even more uncertain times with war in Europe, **rampant** inflation and the **ever-looming threat** of climate change, these shifts can't help but make you **wonder** what comes next. Will we see a re-emergence of an employer's market? Will employees continue to **hold the cards**? Or, perhaps, it will be the robots who end up **taking over**. I know what I'll be saying if they do: **I quit!**

Native Speaker Says...

So, perhaps you're thinking about quitting? But how would you go about doing that in English? You'll naturally want to **avoid** sounding impolite, so it would be **advisable** to **include** words which **imply** that a **conscious, thoughtful** decision has been reached. Try an expression like: "After much thought, I have decided that it is time to move on", which **affords** your employer the respect that they hopefully **deserve**.

Beyond that, I think it's crucial to be prepared for any questions. You may be asked about where you're going next, in which case the best policy is to be honest, but brief. And remember, it's OK to say that you're excited about your next role, and what it's going to do for you. "I'm excited to be given the opportunity to..." . In any case, **good luck!**

to avoid sth | *unikn´ cze´*

advisable | *doradzany*

to include sth | *wòlczy´ co´*

to imply sth | *sugerowa´ co´*

conscious *'kɒnʃəs / 'kə:nʃəs* | *świadomy*

thoughtful | *przemy´any*

to afford sth | *tu: dostarcza´ cze´*

to deserve sth | *zasługiwa´ na co´*

good luck! | *powodzenia!*

Her Majesty the Queen

by Owen Williams

Britain's longest-reigning monarch needs no introduction! Join *English Matters* as we take a look at the life and reign of Her Royal Highness, Queen Elizabeth II.

2022

marks yet another milestone in Queen Elizabeth's remarkable life – as the longest-lived and longest-reigning British monarch, the celebration of the platinum jubilee is something that no other British monarch has noted. She also holds similar records around the world – she is the longest-serving female head of state, the oldest living and longest-reigning current monarch, and the oldest and longest-serving incumbent head of state. If she is still Queen on May 28, 2024 she will overtake Louis XIV of France to become the longest ever reigning monarch.

A Royal Upbringing

Elizabeth Alexandra Mary was born on the 21st of April 1926 in her father's house in Mayfair, London. At the time, her grandfather George V was King. She was third in line to the throne, behind her father and his older brother Edward – common opinion at the time was that she would never take the throne, as any children born to her uncle Edward would precede her in the line of succession. She had a close relationship with her grandfather, whom she reportedly called "Grandpa England." As for her name, close family referred to the young princess as 'Lilibet' as that is what she called herself as a toddler. There was a lot of public interest in 'Princess Lilibet' and the young royal child appeared on the cover of *Time Magazine* when she

was three years old. She and her younger sister Margaret were educated at home by their mother and their governess Marion Crawford. In an attempt to allow Elizabeth to socialise with girls her own age, a special Girl Guides company, the 1st Buckingham Palace Company, was created in 1937. By this time, Elizabeth was heir apparent because King George V (her grandfather) had died and King Edward VIII (her uncle) had abdicated, placing George VI (her father) on the throne.

During the War

Elizabeth was 13 years old when World War II started. With London being bombed in the blitzkrieg, it was suggested that Elizabeth and Margaret be evacuated to Canada, but their mother rejected the idea, reportedly saying, "The children won't go without me. I won't leave without the King. And the King will never leave." So instead, the princesses initially stayed at Balmoral Castle in Scotland, then Sandringham House in Norfolk, then Royal Lodge, Windsor for a few months before finally moving to Windsor Castle. During the same year, Elizabeth gave her first ever radio broadcast (during the BBC's Children's Hour). She addressed other city children who had been evacuated to the countryside.

In 1945, Elizabeth trained as a driver and mechanic in the women's army. She was given the rank of honorary junior commander (female equivalent of captain at the time) two months before the war ended. On Victory in Europe Day, Elizabeth

0 **reigning** *reɪnɪŋ* | panujacy, rządzący
1 milestone | kamień milowy
remarkable *rɪ'ma:kəbl* / *rɪ'ma:rkəbl* | niesamowity, wyjątkowy, wyjątkowy
to note sth | *tu:do*świadczenie czegoś, mieć na swoim koncie
current | obecny

incumbent | osoba piastująca urząd, *tu:aktualny*
head of state | głowa państwa
to overtake sb | wyprzedzić kogoś
upbringing | wychowanie
to precede sb *te pr'si:d* 'sʌmbədɪ | poprzedzać kogoś, być pierwszym w kolejności względem kogoś

reportedly | podobno
toddler | maluch, szkrab
to appear | pojawiać się
cover | okładka
2 in an attempt to | próbując
to allow sb to do sth | pozwolić komuś na z/robienie czegoś
heir apparent *ea(r)* / *er ə'pærənt* | następca tronu, sukcesor

to reject sth | odrzucić coś
without sb | bez kogoś
instead | w zamian, zamiast
initially | początkowo
to address sb | zwracać się do kogoś
female | żeński, kobiecy
equivalent | odpowiednik



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If Elizabeth II is still Queen on May 28, 2024 she will overtake Louis XIV of France to become the longest ever reigning monarch.

The Girl Guides

An answer to Boy Scouts, the Girl Guides is a worldwide movement which teaches skills and good citizenship to young people. The movement started in 1909 and now has more than 10 million members.

citizenship | obywatelstwo, *tu* też: postawa obywatelska

and Margaret were allowed out by their parents to celebrate in disguise with the crowds of civilians in the streets of London.

Marriage and Children

Elizabeth met her future husband, Prince Philip of Greece and Denmark a few times as a child (aged 8 and 11) because they were distant relatives. After meeting again in 1939, Elizabeth (aged 13) said she fell in love with Philip, and they began to exchange letters. They announced their engagement eight years later. The engagement was controversial because although a Prince, Philip had no finances, he had not been born in Britain and he had sisters who were married to Germans with Nazi links. Despite the controversy, the pair married on 20 November 1947 at Westminster Abbey and received 2,500 wedding gifts from all over the world. Interestingly, Elizabeth needed ration coupons to buy the material for her wedding dress, because Britain had not yet completely recovered from the war! Philip's German relations, including his three surviving sisters, were not invited to the wedding and neither was Elizabeth's uncle Edward (the former King of England). A year later, Elizabeth gave birth to her first child, Prince Charles, in Buckingham Palace. Elizabeth would later give birth to Princess Anne in 1950, Prince Andrew in 1960 and Prince Edward in 1964 (the latter two births happening while Elizabeth was Queen).

Ascension to the Throne

It was unusual circumstances that brought Elizabeth's dad to the throne, but normal events led her to taking his place. King George VI became unwell during 1951, then died the following

3 to be allowed | uzyskać zezwolenie na coś
to celebrate | świętować
disguise *dis'gaɪz* | przebranie
crowd | tłum
a few | kilka
distant | daleki
relative | krewny
to fall in love with sb | zakochać się w kimś
to exchange sth *tu ɪks'tʃeɪndʒ ˈsʌmθɪŋ* | wymieniać się czymś
to announce sth | ogłosić coś
engagement *ɪn'geɪdʒmənt* | zaręczyny
although | chociaż

despite sth | po/mimo czegoś
abbey *æbi* | opactwo
ration coupon | przydziałowy talon, kartka
to recover from sth | dojść do siebie po czymś
including sb | włącznie z kimś
neither | również nie
the former | byłym
to give birth to sb | urodzić kogoś
the latter | ten ostatni z wymienionych
ascension to the throne | objęcie tronu
circumstances | okoliczności
to lead sb to sth | do/prowadzić kogoś do czegoś

4 proclaimed | ogłoszony, proklamowany
to move in to X | przeprowadzić się do X
on the advice of sb | za radą kogoś
extensive | obszerny, *tu*: aktywny
overseas | zamorski
pledge | przyrzeczenie, obietnica
devoted to sth | oddany czemuś
greeted | po/witany
estimates | szacunki
claiming | twierdzący
to dismiss sth | *tu*: rozwiać coś, odrzucić coś
assassin | moderca, zabójca, zamachowiec

Flying a Flag at Half-Mast

As a sign of mourning, flags are often flown at half-mast. The rules which stipulate when and how this can be done in the UK are strict. One of them states the flag should be flown at half-mast, "From the announcement of the death until the funeral of a member of the Royal Family."

to stipulate sth | regulować coś

year. Elizabeth and Philip were in Kenya when the news came – she was proclaimed Queen and quickly returned to England where she moved in to Buckingham Palace. Normally, in such a situation, the royal name would be that of the man (Philip Mountbatten in this case). However, on the advice of Winston Churchill (the British Prime Minister), and Elizabeth's grandmother, Queen Mary, Elizabeth kept the name 'Windsor.' The coronation ceremony in Westminster Abbey was televised for the first time.

Queen of the World

Not just Queen of England, but head of many states, too, Elizabeth is an extensive traveller. Before becoming Queen, she went through southern Africa on her first overseas tour. During the trip, she marked her 21st birthday by addressing the British Commonwealth with the pledge, "I declare before you all that my whole life ... shall be devoted to your service and the service of our great imperial family to which we all belong." A year after her ascension, she visited 13 countries on a round-the-world tour. Elizabeth later visited Australia and New Zealand – the first reigning monarch to do so. She was greeted by huge crowds, with some estimates claiming 75% of the population of Australia saw her!

Since then, the Queen has made hundreds of state visits to other countries and tours of the Commonwealth. As a result, she is the most widely travelled head of state in history. After a few visits stateside and to Asia, she went to Ghana – here she dismissed fears for her safety, even though her host, President Kwame Nkrumah was a target for assassins. Nothing bad

happened in Ghana, but when she visited Quebec in 1964, there was a riot. Despite the unrest, Elizabeth remained calm.

During the 1960s and '70s, the Queen saw more than 20 countries gain independence from Britain as part of the planned decolonisation of Africa and the Caribbean. She toured Yugoslavia in 1972, becoming the first British monarch to visit a communist country, then later visited China (in 1986) – another first for a British monarch. Not stopping there, Her Royal Highness went to Russia in 1994, becoming the first reigning British monarch to visit the country.

Assassination, Invasion and Speculation

In 1981, when Elizabeth was riding her horse on The Mall in London as part of a ceremony, six shots were fired at her from close range! Luckily, the shots were blanks and the Queen was unharmed. She was later commended for her composure and skill in controlling her horse. The gun toter, 17 year old Marcus Sarjeant, was sentenced to five years in prison. Later that year another 17 year old fired a weapon at the Queen – this time in Dunedin, New Zealand. The shot came from a .22 rifle while the Queen was in a parade across the street. The shot missed. The following year, Buckingham Palace security was breached and an intruder, Michael Fagan, broke into the Queen's bedroom while she slept! Police failed to respond to two alarms, but the perpetrator intended no harm and the Queen escaped unscathed. The 1980s saw crazy media reports of the Queen and the royal family – many fabricated stories appeared in the papers and Elizabeth became the target of satire.

The Horrible Year and Beyond

In a 1992 speech, the Queen described the year as her 'annus horribilis' (horrible year) and for good reason: public resentment of the Queen's private wealth had increased; Prince Andrew separated from his wife; Mauritius removed her as head of state; Princess Anne got divorced; demonstrators in Dresden threw eggs at Her Royal Highness; a large fire broke out at Windsor Castle; Prime Minister John Major announced the Queen would have to start paying income tax; and Prince Charles and Lady Diana formally separated. Following Diana's death in 1997, the Queen's silence and the failure to fly a flag at half-mast over Buckingham Palace caused public outray. The Queen flew to London and gave a live broadcast the day before the funeral, though – this appeased the public and removed any bad feelings toward her.

Silver, Gold and Diamond

In 1977, Elizabeth celebrated her silver jubilee to mark 25 years on the throne. Parties and special events were held throughout the Commonwealth. 25 years later, the Queen celebrated her golden jubilee. Again there were street parties and commemorative events. Monuments were named to mark the occasion and one million people attended each day of the three

Succession to the Throne



The line to the throne in England follows the 'first-born' law – the oldest child of the monarch is first in line, their eldest child is next in line, and then their eldest child. So, the first three in line for the English throne are: Prince Charles, Prince William, Prince George.

day festivities in London. In 2012, the Queen celebrated her diamond jubilee in a similar way and an extra bank holiday was given to the public. She also opened the London Olympic Games and played herself in a short film for the opening ceremony.

Long Live the Queen

Whether you're a fan of the British royal family or not, there is no denying the incredible life and impressive records of Queen Elizabeth. She's spent more time on a throne than almost anyone in history and done so with poise, grace and integrity. She's a role model for many people, and a person who has answered the British National anthem's call. //

5 riot zamieszki	unscathed <i>ʌn'skeɪð</i>
unrest niepokój, zamieszki	nietknięty, nienaruszony
to gain independence	fabricated zmyślony
uzyskiwać niepodległość	resentment odrza, niechęć
assassination zamach	wealth bogactwo
from close range z bliskiej	to increase wzrastać, rosnąć
odległości	to get divorced rozwieść się
blank ślepy	to break out wybuchnąć
unharmed bez uszczerbku na	income tax podatek dochodowy
zdrowiu, nietknięty	outray głosy protestu
commended for sth chwałony	live <i>laɪv</i> na żywo
za coś	funeral <i>'fju:nərəl</i> pogrzeb
composure spokój, opanowanie	though jednak/że
gun toter pot. strzelec	to appease sb uspokoić kogoś
to be sentenced to X in prison	commemorative
zostać skazanym na X lat	upamiętniający
więzienia	to attend sth uczęszczać na
to fire a weapon at sb	coś, uczestniczyć w czymś
wystrzelić do kogoś	6 bank holiday święto państwowego
to miss chybić	whether czy
breached <i>bri:tʃt</i> naruszony	there is no denying
to break into sth włamać się	niezaprzeczalnie
do czegoś	poise <i>pɔɪz</i> opanowanie,
to fail to do sth ponieść	pewności siebie
porażkę w z/robieniu czegoś	grace wdzięk, urok
perpetrator przestępca, sprawca	anthem hymn



Native American
reservations enjoy
a fair amount of
sovereignty, meaning
they can pass their
own laws.

Culture

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Native Americans in the 21st Century

by Jonathan Sidor

Do you picture Native Americans as a relic of the past? That's not exactly accurate. Take a ride with *English Matters* to see how vibrant the United States' Native American communities are today.

We've all seen Native Americans depicted in historical Hollywood films, but not much is presented on Native American communities in the 21st century. They didn't just disappear. While they may not be a part of mainstream society, Native Americans continue to make major contributions to US culture to this day.

By the Numbers

According to the 2020 Census, there are just over 4.4 million Native Americans living in the United States. This represents 1.3% of the country's total population. If we include multiracial individuals who are part Native American, that share jumps to 2.9%. While relatively small, the Native American community is rapidly growing. In 1950, it only made up 0.2% of the US population. The states with the largest percentage of Native Americans are Alaska, New Mexico and South Dakota.

Nationwide, there are 574 tribes recognised by the federal government. The Navajo, based in the southwestern states, are the largest tribe, with just under 300,000 members. Next are the Cherokee, Chippewa and Sioux. If mixed-blood members are taken into account, then the Cherokee form the largest tribe, with over 800,000 people.

Relatively few Native Americans live on reservations today. Over 70% live in an urban setting – in 1940, that figure was only 8%. The cities with the most noticeable Native American presence are

Minneapolis, Denver, Phoenix and other urban centres close to traditional Native American lands. Even in cities, many choose not to assimilate into the broader society fully.

Modern Reservations

Only about 20% of all Native Americans still live on reservations. They tend to be full-blooded and live a more traditional lifestyle. There are over 300 reservations within the United States today, making up 2.3% of the country's total land area. The largest reservation is the Navajo Nation Reservation which is located across Arizona, New Mexico and Utah.

Living standards between different reservations can vary drastically. Many

look like other American communities, but others resemble developing countries. These have social ailments like poverty, poor nutrition, and lower life expectancy. Research has found the reservations with the worst conditions can be found in South Dakota.

Native American reservations enjoy a fair amount of sovereignty, meaning they can pass their own laws. The laws of the USA don't always have the final say in a number of tribal matters. Perhaps the most famous example of this is legalised gambling. Casinos are prohibited in much of the United States – but many reservations have legalised them. As a result, popular casinos have popped up on reservations in states like Connecticut, California and Florida. For many tribes, these casinos are a major tourist attraction. They generate huge

- 0 **to picture sb** | wyobrażać sobie
- 1 **accurate** | dokładny
- 2 **to take a ride with sth** | wybrać się na przejażdżkę z czymś
- 3 **vibrant** | pełen energii, dynamiczny
- 4 **community** | społeczność
- 5 **depicted** | przedstawiony, odmalowany
- 6 **to disappear** | zniknąć
- 7 **mainstream** | główny nurt
- 8 **to make contribution to sth** | przyczyniać się do czegoś, wnosić w coś wkład
- 9 **major** | tu: znaczy
- 10 **according to sth** | według czegoś
- 11 **to include sb** | włączać kogoś
- 12 **share** | udział
- 13 **nationwide** | w całym kraju
- 14 **tribe** | plemię
- 15 **recognised by sb** | uznawany przez kogoś

- 16 **to be taken into account** | być branym pod uwagę
- 17 **few** | niewielu
- 18 **urban** | miejski
- 19 **noticeable** | 'nəʊtɪsəbl | zauważalny
- 20 **to make up sth** | tworzyć coś, składać się na coś
- 21 **to look like sth** | wyglądać jak coś
- 22 **to resemble sth** | przypominać coś
- 23 **ailment** | 'eɪlmənt | dolegliwość
- 24 **poverty** | bieda, ubóstwo
- 25 **poor nutrition** | niewłaściwe odżywianie
- 26 **life expectancy** | szacowana długość życia
- 27 **amount of sth** | ilość czegoś
- 28 **law** | prawo
- 29 **to have the final say** | mieć ostatnie słowo
- 30 **gambling** | hazard
- 31 **prohibited** | zakazany
- 32 **to pop up** | pojawiać się

sums of money that bring their tribes considerable wealth.

Amazing Accomplishments

Over the years, a number of famous Native Americans have achieved some remarkable milestones. In the world of sports, the popular sport of lacrosse was actually created by Native Americans. Jim Thorpe was the first Native American to win an Olympic gold medal in 1912. He also played professional American football and baseball. A number of other Olympians have followed in his footsteps. More recently, NBA player and Olympic gold medalist Kyrie Irving is part Native American. His mother had Lakota ancestry.

Twenty Native Americans have served in Congress, including four Senators. Four continue to hold office, including two women (one of whom is the first LGBT Native American elected to Congress). There are four Native American federal judges still active, the most recent being nominated by President Donald Trump in 2019.

Hollywood has no shortage of Native American celebrities. Actor Jason Momoa has Pawnee and Native Hawaiian roots. He remains active in fighting for more indigenous rights. Red Hot Chili Peppers frontman Anthony Kiedis has Mohican blood, while rapper Taboo of the Black Eyed Peas has Shoshone heritage.

Another kind of significant accomplishment took place in 2009 when the US government formally issued an apology to all Native Americans. The apology concerned “the many instances of violence, maltreatment, and neglect inflicted on Native Peoples by citizens of the United States.” No monetary reparations have been given out yet. The opposite is true in neighbouring Canada, where the government gives annual payments to Natives who qualify.

Social Challenges

As a group, though, Native Americans today face more struggles than practically any other US social group. The community faces a disproportionately high



4 considerable | znaczny
wealth | bogactwo
accomplishment | osiągnięcie
to achieve sth | osiągnąć coś
milestone | punkt zwrotny, kamień milowy
lacrosse | gra podobna do hokeja na trawie z użyciem rakiet zamiast kijów
actually | w rzeczywistości, naprawdę
to follow in one's footsteps | iść, pójść w czyjeś ślady
ancestry | pochodzenie
including sb | włącznie z kimś
elected | wybrany
shortage of sb | brak kogoś
indigenous *ɪn'dɪdʒənəs* | rdzenny, autochtoniczny

heritage | spuścizna, dziedzictwo
to take place | mieć miejsce, odbywać się
to issue an apology to sb | wystosować przeprosiny, skierować do kogoś przeprosiny
to concern sth | dotyczyć czegoś
violence | przemoc
maltreatment | złe traktowanie
neglect | zaniedbanie
inflicted on sb | wyrządzony komuś
given out | dany, wypłacony
neighbouring | sąsiadujący
annual | coroczny
payment | płatność, zapłata
to qualify | kwalifikować się
struggle | zmaganie
disproportionately | niewspółmiernie



alcoholism rate. Death rates caused by diabetes, suicide and stroke are significantly above average, too.

Native Americans are also more likely to experience discrimination than other groups. Many non-Natives don't see Native Americans at all in their day-to-day life, so at the very least, misunderstandings come up once in a while. More often than not, however, mainstream society's ignorance of Native American life leads to mistreatment and inequality. Offensive jokes and difficulties securing employment are common problems as well.

Native Americans living in cities often struggle with assimilation, but those who live on reservations have to deal with

scores of other problems. All kinds of violent crimes take place at a greater frequency on reservations. In particular, gang activity and violence against women are major problems that plague Native American communities.

Moreover, reservation life presents a number of economic hurdles. Several reservations are poor in natural resources. Even if they're rich in a particular resource, the US government typically makes sure tribes have limited control over anything of value. US laws concerning reservations are poorly organised, and corruption on both the Native American and US sides is quite pervasive. Educational standards are below average, so educating the younger generation to build a stronger community with more wealth and resources is yet another challenge.

A Rarely-Seen Group

Since Native tribes make up a smaller portion of the USA, it's easy to forget about them and think they're just a part of the past. But that couldn't be further from the truth. In many regards, Native Americans are still thriving today. Their numbers are growing, both on and off the reservations. Social, legal, and economic problems aren't going away, so bringing tangible improvements to these areas is what the next challenge will be all about. //

5 **diabetes** ,daɪə'bɪ:tɪz | cukrzyca
suicide | samobójstwo
stroke | udar mózgu
significantly | znacząco, znacznie
above average | powyżej przeciętnej
to experience sth | doświadczać czegoś

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Fact File

The terminology surrounding the term *Native American* is a bit controversial. Many are opposed to the older term *Indian* because of its racist connotations, but that doesn't mean *Native American* is perfect. Many Natives themselves see emphasising the word *native* as problematic. In recent decades, the term *American Indian* has risen in prominence. It's not official, but it might be the most popular choice today. Other acceptable names include *First Americans*, *First Nations*, and *Native Peoples*.

to emphasise sth | podkreślać coś
to rise in prominence | zyskiwać na znaczeniu

at the very least | *tu:* przynajmniej, chociaż

to come up | pojawiać się, wydarzać się

once in a while | raz na jakiś czas

however | jednak/że

to lead to sth | prowadzić do czegoś

inequality | nierówność

offensive | obraźliwy

employment | zatrudnienie

to deal with sth | po/radzić sobie z czymś

6 **scores of sth** | mnóstwo czegoś

to plague sb/sth tə pleɪg 'sʌmbədɪ / 'sʌmθɪŋ

| nękać kogoś/coś

several | kilka

pervasive pə'versɪv / pər'versɪv

| wszechobecny

in many regards | pod wieloma względami

thriving | kwitnący

tangible 'tændʒəbl | zauważalny, namacalny

improvement | ulepszenie

American High School

by Jonathan Sidor

When inspecting US culture, you won't find any place quite like the American high school. Finding a show on Netflix that details the life of US teens in a high school setting isn't exactly a tall order. And the language that exists in these hallowed institutions is one-of-a-kind, too. Get educated as *English Matters* showcases the most common vocabulary you'll come across in an American high school.

teen | nastolatek

tall order | ciężka sprawa, trudne zadanie

hallowed /'hæləd/ | otoczony czcią

one-of-a-kind | jedyny w swoim rodzaju

to showcase sth | prezentować coś

to come across sth | natknąć się na coś

Phrasal Verbs

- If you fail this class, you'll be held back a year.
- I have to write you up for this misconduct.
- I think you should ask her out to the dance.
- Meagan and Henry are going out.
- I need a job now, so I'm going to drop out.

to fail sth | obrać coś

held back | zatrzymyany

to write sb up for sth | spisać kogoś za coś

misconduct | złe zachowanie, wykroczenie

to go out | randkować

to drop out | rzucić szkołę



Significant Subjects

- I like having PE class to end the day, so I don't have to worry about getting sweaty.
- My final exam for home economics involved baking a cake.
- I think civics is probably my most useful class.
- Calculus is way too difficult. I think I'll fail.
- I've built so many things in shop class this year.
- Which elective courses have you signed up for?

PE=physical education | wychowanie fizyczne

sweaty 'sweti | spocony

home economics ,həʊm ,i:kə'nomiks /,həʊm ,eɪkə'nomiks | zajęcia z gospodarstwa domowego

to involve sth | obejmować coś

civics | wiedza o społeczeństwie

calculus | rachunek różniczkowo-całkowy, *tu:* zaawansowane zajęcia z matematyki

to fail | nie zdać (egzaminu), oblać (egzamin)

shop class | zajęcia praktyczno-techniczne

elective courses | zajęcia fakultatywne

to sign up for sth | zapisać się na coś

CONVERSATION 1

DISCUSSING AN EXAM

Matt: Did you study for our midterm?

Claire: I crammed for it all night. I hope I don't flunk it.

Matt: I thought about using this cheat sheet.

Claire: Are you crazy?! You'll be expelled if you get caught. They'll hold you back a year, and you won't graduate.

Matt: You're right. It's not worth it. I really need to get my GPA up, though.

Claire: Look, I prepared these flashcards as a study guide. I can quiz you at lunch in the cafeteria.

Matt: Wow, that'd be a huge help. Lucky for us, we don't have the exam until the last class of the day.

Claire: Exactly. So let's take our mind off of it now and have some fun in gym class.

midterm | egzamin/test w środku semestru

to cram | *pot.* wkuwać, zakuwać na błądę

cheat sheet | ściąga

expelled | wyzucony

to graduate | ukończyć szkołę

worth sth | wart/y czegoś

GPA=grade point average | arytmetyczna średnia ocen

though | jednak/że

flashcard | fiszka

to take one's mind off | przestać się martwić



HELPING A NEW STUDENT

Laura: How are you, Paul? Let me give you a tour of our campus, OK?

Paul: Thanks, Laura. This school feels completely different from my old one.

Laura: I'm sure you'll get used to it. How do you like the block scheduling here?

Paul: That's another thing that I'll have to adjust to. And the curriculum here is so different. I signed up for an automotive mechanics class. That's incredible!

Laura: Yes, we offer lots of electives here. I'm taking art history and law studies myself.

Paul: What about extracurricular activities?

Laura: I think we've got something for everyone. I'm on the bowling team and play the saxophone on our band. What would you be interested in?

Paul: I'd love to join the cross country running team. I saw tryouts are next week.

to get used to sth | przyzwyczaić się do czegoś

to adjust to sth | przystosować się do czegoś

curriculum | program nauczania

automotive mechanics | *ətə'məutiv mə'kænɪks* | mechanika samochodowa

tryout | sprawdzian/test kwalifikacyjny



Miscellaneous

- I have to study for the SAT this weekend.
- My school uses block scheduling, so I have three classes each day for 2 hours each.
- I want to join Glee Club next year.
- My brother is very patriotic, so he's active in his school's JROTC program.
- You need a hall pass to go to the bathroom.
- What extracurricular activities are you involved in?

miscellaneous | *rozmaity, różnorodny, turek, rozmaości*

SAT = **Scholastic Assessment Test**,

Scholastic Aptitude Test | **test**

kompetencji dla uczniów szkół średnich w Stanach Zjednoczonych

block scheduling | rodzaj układu zajęć szkolnych polegający na planowaniu kilku lekcji danego przedmiotu pod rząd

to join sth | dołączyć do czegoś

JROTC = **Junior Reserve Officers' Training Corps** | amerykański program szkolenia wojskowego dla młodzieży

hall pass | przepustka

extracurricular | pozaszkolny, dodatkowy

to be involved in sth | być zaangażowanym w coś

Pertinent People

- Our school's principal is very strict.
- We don't talk too much to the janitor.
- Our teacher is sick. We'll have a substitute today.
- I like speaking to my guidance counselor.
- Being a lunch lady probably isn't glamorous, but I think ours enjoys her job.
- My class's valedictorian got accepted to Harvard.

pertinent | *tu: istotny, związany z daną dziedziną*

principal | dyrektor

strict | surowy

janitor | woźny

substitute | zastępstwo

guidance counselor | doradca zawodowy

lunch lady | kucharka (szkolna)

glamorous | *'glæmərəs* | prestiżowy

valedictorian | *vælɪdɪk'tɔ:rɪən*

| wyróżniający się pod względem wyników uczeń, który wygłasza mowę pożegnalną na zakończenie szkoły

Important Events

- Are you attending tomorrow's pep rally?
- Who are you taking to prom?
- The homecoming game is a major event in my town.
- What are you doing for Spring Break?
- My parents got extremely emotional at my commencement.

pep rally | motywujące spotkanie przed meczem

prom | bal na zakończenie roku najstarszego rocznika

homecoming game | zjazd byłych uczniów lub studentów

commencement | *tu: dzień rozdania dyplomów*

Student Slang in 2022

- He gave me a salty look after class.
- Why won't she talk to me? That's so sus.
- He keeps talking about his good grades. What a weird flex!
- I think I'll pass all my exams. It's all Gucci.
- Our new math teacher is such a Karen.

salty | *tu:* pogardliwy

sus=suspicious | *pot.* podejrzany

grade | stopień, ocena

weird | dziwny, dziwaczny

flex | *pot.* osoba popisująca się przed innymi, chwalipięta

It's all Gucci. | *pot.* Wszystko w porządku.

Karen | *pot.* określenie roszczeniowej, uprzewilejowanej kobiety

CONVERSATION 3

THE BIG GAME

Sam: That pep rally was amazing! Our cheerleaders are really talented.

Vicky: I'm just happy we got a break from algebra. That class is the worst.

Sam: Well, remember, it'll really help you out on your SAT.

Vicky: Hey, today's our homecoming game, right? That's our biggest game of the year.

Sam: Our varsity squad has been unstoppable all season. I think we'll win again.

Vicky: My friend actually plays in the rival school's marching band. I hope I'll see her.

Sam: All visiting teams bring their marching bands over on school buses, so she should be here.

Vicky: Great. And they sell concessions at the games, too, right? I'm sure I'll be starving.

varsity squad | drużyna reprezentująca szkołę w sporcie

marching band | marszowa orkiestra dęta

to starve | umierać z głodu

Regular Rooms

- I'm happy my homeroom teacher is so friendly.
- My school's cafeteria has a really bad smell.
- Tomorrow's PE class will be held in the gymnasium.
- Our school's media center has lots of good technical equipment students can use.
- Students aren't allowed inside the faculty lounge.

homeroom teacher | nauczyciel wychowawca

gymnasium | sala gimnastyczna

allowed | *tu:* wpuszczany

faculty lounge | pokój nauczycielski

The Scholastic Assessment Test

Anyone looking to apply for college in the USA knows about the SAT. This is the standardised test given to US high school students as they finish up high school. Universities give a lot of consideration to SAT scores during the admissions process. In its current form, the exam consists of two main sections: a Reading/Writing section that tests English skills and a Math section.

A few characteristics make the SAT unique when compared to college-entry exams in other countries. First, students have to pay to take the SAT. It costs around \$55. You can take the SAT as many times as you like, but you have to pay for each attempt. The exam is administered by College Board, a nonprofit organisation. Students aren't required to take the exam at any specific time—it's offered multiple times throughout the year. Many opt for sessions over a year or two before their high school graduation.

to apply for sth | składać podanie do czegoś, aplikować do czegoś

scores | punktacja/wyniki

to consist of sth | składać się z czegoś

a few | kilka

attempt | próba

administered | zarządzany

to require | wymagać

School Slang

- Do you want to play hooky tomorrow?
- I flunked yesterday's exam.
- I passed the exam because I pulled an all-nighter.
- What's on the menu for today's hot lunch?
- Her new boyfriend is a dumb jock.
- She's hanging out with all the preppy kids.

to play hooky | iść na wagary

to flunk an exam | obrać egzamin

to pass an exam | zdać egzamin

to pull an all-nighter | zarwać noc

hot lunch | lunch na ciepło

dumb jock | AmE głupi koks, osiłek

to hang out with sb | trzymać się z kimś

preppy | uczeń prywatnego liceum



FOCUS ON LANGUAGE

Subjects in American Schools

One things that sets US schools apart from their international counterparts is the curriculum. American schools teach many subjects that aren't too popular abroad. Others simply have unique names. Here are some subjects worth knowing:

Physical Education is also known as "Phys Ed" and "PE." Students can take PE class as early as kindergarten, but it's a staple of American high schools, too. Activities can take place outdoors in a field or stadium, or inside a gym. Popular games include kickball and dodgeball.

Civics describes classes that teach students about their rights and duties as US citizens. Civics is an older British term, so some schools may use Social Studies instead. Specific courses like history, government or law studies fit into this category.

Driver's Education is usually shortened to "Driver's Ed." This class teaches students how to drive an automobile, using both theory and practice. Some schools let students drive real cars with an instructor, while more simply use simulators. This course can help students get their driver's licenses and pay lower car insurance.

Home Economics is a class that teaches students about managing a household. Most commonly, this involves teaching them cooking skills. Other common topics include how to raise a baby, how to write a check and how to pay taxes.

Shop Class instructs students in engineering and carpentry skills. Students typically need to use machinery to construct many basic objects from wood, such as a birdhouse.

apart from sth | oprócz czegoś

counterpart | odpowiednik

abroad | za granicą

worth sth | wart/y czegoś

kindergarten | przedszkole

staple | podstawa

to take place | odbywać się, mieć miejsce

outdoors | na zewnątrz

to include sth | obejmować coś

kickball | gra dziecięca opierająca się na regułach baseballu

dodgeball | gra w dwa ognie

instead | w zamian

driver's license | prawo jazdy

household | gospodarstwo domowe

Calculus is the most advanced math course that many high schools offer. It concerns the derivatives and integrals of functions and involves the creation of many graphs.

American high schools typically offer a wealth of elective courses that emphasise less academic topics. Common electives include choir, drama, painting, nutrition, etc. Some of these are taken just for fun, while others can prepare students for a variety of careers.

Ready for Prom?

Have you ever heard of a prom? Short for promenade dance, it's a dance party for high school students held near the end of the school year. Girls typically wear evening gowns, and boys wear tuxedos. It's also a tradition for boys to give girls corsages as a gift. Students of the school vote for a prom king and queen, who are revealed at the dance.

Extracurricular Activities

American high schools are famous for the number of extracurricular activities they offer. These are organised after-school events that aren't connected to the regular school curriculum. Some popular ones include:

- Athletics – common sports are American football, basketball, volleyball and baseball
- Arts – common groups include drama, chorus and marching band
- Student government
- Cultural/multicultural organizations
- Academic
- Career preparation
- Community
- Military

to involve sth | obejmować coś

to raise tə reɪz | wychowywać

tax | podatek

carpentry | stolarstwo

derivative | pochodna

to emphasise sth | podkreślać coś

nutrition | odżywianie

gown | suknia

tuxedo | smoking

corsage | bukietik (do przypięcia do sukienki)

to vote for sb | głosować na kogoś

revealed | ujawniony, ogłoszony

community | tu: zajęcia społeczne np. pomoc zwierzętom, harcerstwo, pomoc chorym

Genetic Testing

by Ewelina Błońska

Cystic fibrosis, sickle cell disease, or maybe Tay-Sachs disease? Is it possible to identify changes in genes? Genetic testing continues to increase in popularity, however it may both bring hope or inspire fear. This time *English Matters* presents the pros and cons of genetic testing.

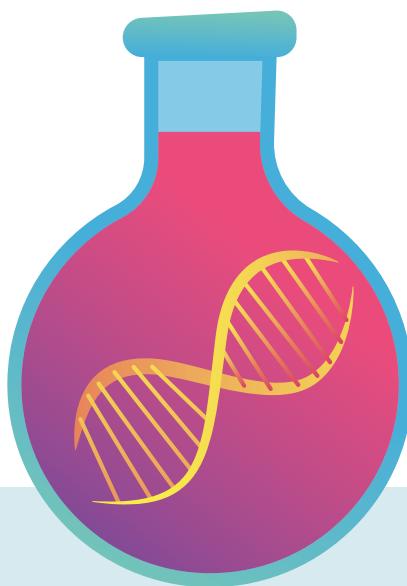
Genetic testing is a type of medical test that identifies changes in genes, chromosomes or proteins. The results of a genetic test can confirm or rule out a suspected genetic condition, or help determine your chance of developing or passing on a genetic disorder. With just a sample of your saliva, you can decode your body's genetic responses and understand possible future health problems, ranging from cancer to Alzheimer's. Let's take a look at different opinions concerning this method.

The Benefits of Genetic Testing

To be honest, I'm a great enthusiast of genetic testing. For me it is a great opportunity I would like to take advantage of. If you already have a disease, understanding what genetic variant you have could help choose the most suitable treatment. On the other hand, if you are not afflicted by a disease, knowing you are more susceptible to a particular condition could lead you to make positive lifestyle or behavioural changes to help lower the risk of getting that illness.

— Joanna

As I couldn't conceive a baby for years, my story is really tear-jerking. Struggling with miscarriages, my gynaecologist recommended preimplantation testing, which is also called preimplantation genetic diagnosis. This test may be used when you attempt to conceive a child through in-vitro fertilisation. The embryos are screened for genetic abnormalities and the healthy ones are implanted in the uterus in the hope of achieving a pregnancy.



Thanks to this method, I got pregnant and gave birth to my little daughter. That was like a miracle for us!

— Amanda

My father suffered from Alzheimer's disease. Does that mean my memory will deteriorate as well? I would really like to know that. I don't treat genetic testing as clairvoyance, but rather as a great source of knowledge. If you know you are more at risk for developing Alzheimer's due to a genetic variation, you can change your lifestyle to try to lower your risk ahead of time. Eating a healthy, balanced diet, including at least 5 portions of fruit and vegetables every day may, for instance, reduce the risk of dementia. Sounds like a great opportunity for both me and my family. Furthermore, for some types of cancer and other diseases, genetic testing can reveal that you are not predisposed to develop that disease, which could reduce your stress.

— Steven

0 **cystic fibrosis** | mukowiscydoza
sickle cell disease | anemia
sierpowatokrwinkowa
gene *dʒi:n* | gen
to increase in popularity | stawać się coraz bardziej popularnym
pros and cons | za i przeciw
1 **to rule sth out** | wykluczyć coś
to pass on sth | przekazać coś
genetic disorder | zaburzenie genetyczne, choroba genetyczna
sample | próbka
saliva | śliną
cancer | rak (choroba)
to take advantage of sth | skorzystać z czegoś
suitable | odpowiedni
treatment | leczenie
on the other hand | z drugiej strony
afflicted by sth | dotknięty przez coś
susceptible to sth | podatny na coś
to lead to sth | prowadzić do czegoś
to conceive a baby | począć dziecko
tear-jerking | wyciskający łzy
to struggle with sth | zmagać się z czymś
miscarriage | poronienie
preimplantation | odnoszący się do okresu przed implantacją w macicy
to attempt | próbować
fertilisation | zapłodnienie
screened for sth | kontrolowany pod kątem czegoś
uterus | macica
to achieve sth | osiągnąć coś
pregnancy | ciąża
2 **to get pregnant** | zajść w ciążę
to deteriorate | pogorszyć się
clairvoyance | jasnowidztwo
due to sth | z powodu czegoś
including sth | włącznie z czymś
at least | przynajmniej
furthermore | ponadto

When my sister got pregnant, she was 38, hence her doctor advised prenatal testing. Such tests can detect some types of abnormalities in your baby's genes. Down syndrome (trisomy 21) and Edwards syndrome (trisomy 18) are two genetic disorders that are often screened for as part of prenatal genetic testing. Although this test was quite expensive, it was subsidised by the government, so she didn't have to pay for it. Fortunately, everything went well and all the suspected medical conditions were ruled out. She is over the moon now, buying a layette set for her expected son.

– Jonathan

The Risks and Limitations of Genetic Testing

I'm dead against genetic testing as the results of it can often be uninformative and ultimately can cause more stress and anxiety over the possibility of a disease you may never get. Imagine that you get a positive test in your 30s and spend the rest of your life worried about whether that disease is going to come or not. A positive genetic test just means you're at a greater risk to develop it down the line, but doesn't guarantee anything. On top of that, it's way too expensive, so I'm not going to try it out.

– Mel

If you could find out whether you're going to develop a disease or not, would you want to? Genetic testing has been regarded as a revolutionary technology, but for me it is like gee-wizardry lies. For religious individuals, genetic testing may raise complex moral quandaries. Patients may struggle to reconcile their religious and spiritual values with the ambiguity of genetic risks and the sometimes tragic choices they face. Moreover, many of the risks associated with genetic testing involve the emotional, social, or financial consequences of the test results. People may feel angry, depressed, anxious, or guilty about their results. Maybe I'm a bit narrow-minded, but I believe in destiny, so you cannot change what is written in the stars for you.

– Maria

I'm in two minds as far as genetic testing is concerned because it can only

provide limited information about some mutations and inherited conditions. And while there are certainly benefits to being tested for these changes, it is important to understand that there are also limitations. For example, a positive result from genetic testing for cancer doesn't necessarily mean that you will develop cancer, but can weigh heavily on the minds of you or your loved ones. Therefore, testing may increase your stress and anxiety, and the results in some cases may come back inconclusive or uncertain, because even a negative result doesn't guarantee that you won't develop cancer.

– Martin

It sends shivers down my spine when I think about genetic testing. The procedures used for prenatal diagnostic testing (called amniocentesis and chorionic villus sampling) carry a small but still real risk of losing the pregnancy because they require a sample of amniotic fluid or tissue from around the foetus. I wouldn't go for it, even if there was a risk of some congenital abnormalities. Moreover, testing could burn a hole in my budget. You can call me a coward, but I'm not a fan of genetic testing.

– Vita

In a Nutshell...

Genetic testing is not obligatory. Although testing has benefits and can often provide relief from the fear of the unknown, it is also connected with limitations and risks, hence the decision about whether to be tested is a personal and complex one. //

3 hence | dlatego

to advise sth | doradzić coś

to detect sth | wykryć coś

subsidised | dotowany

fortunately | na szczęście

to be over the moon | nie posiadać się

z radości

layette set | wyprawka dla noworodka

dead against sth | zdecydowanie czemuś przeciwny

ultimately | ostatecznie

anxiety | niepokój

down the line | tu: za jakiś czas

on top of that | poza tym

whether | czy

regarded as sth | postrzegany jako coś

Genetic Disorders

Genetic disorders occur when a mutation (a harmful change to a gene) affects your genes, or when you have the wrong amount of genetic material. There are many types of genetic disorders, for example:

- Late-onset Alzheimer's disease
- Arthritis
- Autism spectrum disorder, in most cases
- Cancer, in most cases
- Coronary artery disease
- Diabetes
- Migraines
- Spina bifida
- Isolated congenital heart defects

coronary artery disease | choroba

niedokrwienienna serca

diabetes | cukrzyca

spina bifida | rozszczep kręgosłupa tylny

gee-wizardry | tu: przecież, zwykłe, po prostu, o rety!

to raise sth | tu:s/powodować coś
quandary 'kwɒndəri / 'kwa:ndəri | dylemat, rozterka

to reconcile sth with sth tə 'rekənsaɪl 'sʌmθɪŋ
wið 'sʌmθɪŋ | pogodzić coś z czymś

ambiguity | dwuznaczność

anxious 'æŋkʃəs | niespokojny

guilty | winny

narrow-minded | ograniczony, o wąskich horyzontach

to be in two minds | być niezdecydowanym, bić się z myślami

as far as X is concerned | jeśli chodzi o X

4 inherited | odziedziczony

to weigh on sth | negatywnie wpływać na, obciążyć coś

therefore | dlatego

to increase sth | zwiększyć coś

inconclusive | niejednoznaczny, nieprzekonujący

to send shivers down sb's spine | sprawiać, że ciarki chodzą komuś po plecach

to require sth | wymagać czegoś

amniotic | owodniowy

tissue | tu: tkanka

foetus | płód

congenital | wrodzony

in a nutshell | w skrócie, krótko mówiąc

although | chociaż

relief | ulga



Memes, GIFs and viral videos

by Kamil Drożdżyk

There are situations where no other form of communication works quite as well as a timely meme. A picture is worth a thousand words, especially if it's a picture of a funny cat with a relatable caption. *English Matters* is here to show you how you can express yourself through memes.



meme mi:m | mem

timely | dziejący się w odpowiednim momencie, w porę

a picture is worth a thousand words

| obraz wyraża więcej niż tysiąc słów

relatable *ri'leɪtəbl* | *tu: związany*

(z czym

caption | podpis

TIPS

PUBIERZ CZY INR RODUW:
COLORFULMEDIA.PL/CZYTNIK

Thankfully, making memes, gifs and videos is fairly easy. The hard part lies in creating quality memes and making them go viral. Before we focus on promoting your memes, let's see how to begin your journey to become the ultimate memelord.

Baby Steps

Making a meme begins with an idea. You can't just randomly decide to make a meme out of thin air. If you struggle to find inspiration, give it a break and don't force it. Sooner or later something meme-worthy will pop into your mind. Your inspiration may come from a funny experience you had, a notable world event, or even an annoying situation that happened to you. While memes are humorous by nature, they're not always supposed to make you burst out laughing. They can be relatable, they can criticise something, or they can simply be sad. Naturally, sad memes are not quite as popular as the funny ones, so maybe save them for after you get to know your audience.

So, you've found a topic for your meme, it's now time to choose a genre. Yes, that's right – a genre. For your meme. The classic format, with Impact font for top and bottom texts doesn't cut

it anymore – it's so 2012. Since you're a beginner, it's best to go with the current trend – white space for your text at the top, below which is the picture of your choice (usually a pic, gif or a video of a popular character from a movie or series, or simply a celebrity with either a memorable quote, or a fitting facial expression). Once you get a hold of the meme-game, you can dabble in some more exotic genres, such as extremely ironic deep-fried memes, self-aware metamemes, or seemingly nonsensical alt-memes.

Putting in Work

You've got a genre, you've got an idea – all that's left is to put it on paper... erm, screen. There are multiple ways to go about visualising your meme. If you've got the skills, you can make a meme from scratch using software such as Photoshop, GIMP, or even MS Paint. If you lack the skills – worry not. There are plenty of meme generators on the Internet, which offer thousands of possible templates you can base your meme on. Meme generators make memeing quick and easy.

GIFs are a tad trickier than your usual pictures, but thanks to the Internet, you can find tutorials on how to make your own GIFs. Most often, memes utilise GIFs taken straight from movies and TV

shows. There is a possible risk of getting a copyright infringement notice, since you're using and sharing copyrighted media, but most film production companies turn a blind eye to harmless 3-second GIFs. When you think about it, it's free marketing of their work.

Then, we've also got videos. Meme videos are usually rather short, but in many cases making them requires you to use either quite limited online video editing sites, or suitable software. In case you're not very computer savvy, it's better to stick to pictures and GIFs.

Sharing Your Meme

So, your meme is done and it's high time to share it with the world. There are plenty of places out there on the web which are suitable to post memes on. Is the meme's topic general? Is it easy to understand? Go ahead and post it on one of the thousands of meme groups on social media, a fitting subreddit, add it to your story on Instagram or send it to your friends. If your meme's on point, you're bound to get some likes and comments. However, if your meme is more of a niche one (i.e. you made a meme about a TV show you watched or a book you read), find a group of people who are likely to understand it and show it

1 **fairly** | stosunkowo, dosyć
to go viral | zyskać dużą popularność (w internecie, mediach społecznościowych)
to focus on sth | skupić się na czymś
ultimate | ostatni
memelord | król memów
randomly | przypadkowo
out of thin air | ni stąd, ni zowąd
to struggle to do sth | walczyć, zmagać się by coś zrobić
give it a break | odpuścić
to force sth | tu: robić coś na siłę
to pop into one's mind | pojawić się (o pomyśle)
notable | godny uwagi
annoying | irytujący, denerwujący
while | podczas gdy
to make sb burst out laughing | s/powodować, że ktoś wybucha śmiechem
to get to know sb | poznać kogoś
audience | odbiorcy, publiczność
genre | gatunek (np. literacki, muzyczny)

to cut it | pot. nadawać się, sprostać wymaganiom
current | obecny
pic | pot. zdjęcie, obrazek
either...or... | albo...albo...
fitting | pasujący
facial expression | wyraz twarzy
to dabble in sth | parać się czymś, zajmować się czymś amatorsko
extremely | wyjątkowo
deep-fried | tu: poddany znacznej obróbce, po nałożeniu dużej ilości filtrów
self-aware | tu: samokrytyczny
seemingly | z pozoru
alt-meme | mem alternatywny (pozbawiony większego sensu)
to put in work | pot. wkładać w coś dużo pracy/wysiłku
from scratch | od zera
to lack sth | nie posiadać czegoś
template | wzorzec, wzór
memeing | tworzenie memów

a tad | trochę
tutorial | lekcja instruktażowa, samouczek, film instruktażowy
infringement | naruszenie praw
to turn a blind eye to sth | przymykać oko na coś
harmless | nieszkodliwy
to require sb to do sth | wymagać od kogoś z/robienia czegoś
X savvy eks 'sævi | obeznany z X
to stick to sth | trzymać się czegoś
suitable | odpowiadni
to post sth on | zaprezentować coś w formie postu
go ahead | naprzód
subreddit | podśieć Redditu
on point | celny, trafny
to be bound to | musieć
to be likely to do sth | być prawdopodobnym, tu: prawdopodobnie coś zrobić

to them. Unique memes are obviously less likely to go viral, but they can help you build a brand if you're thinking of starting taking memes seriously. Your memes can also fall under the category of reaction memes, which work best as responses. Got a funny text? Respond with an equally funny meme.

If you dream big, you might want to start your own meme page (i.e. on Facebook or Instagram) and become a niche Internet micro celebrity known for creating and distributing (and also re-posting) memes. There's a huge chance your memes will get stolen and re-posted somewhere else... and most of the time, you won't even know about it. Don't worry – after all, it's in the very nature of memes to spread. If you see your meme posted by someone else, best take it as a compliment. You can make it possible for people to trace your work back to you by watermarking your memes – that is putting a logo or your nickname on your memes. Watermarks can be removed, but frankly – hardly anyone can be bothered to do so.

Going Viral

You might think that there's a long way between sharing your first meme and scoring your first viral meme, but it's not necessarily a long process. A stroke of luck and your very first meme can become your most successful one. There's hardly any logic about what goes and what doesn't go viral. Chances are, a measly sh*tpost (a random, effortless post) could make it further than a masterfully crafted meme. Once you get a knack for memeing you can differentiate a viral-worthy meme from a one that doesn't stand a chance, but going viral is never, ever a guarantee – no matter how hard you try.

Videos are a different ball game, however. They don't necessarily have to be memes in order to go viral. You can record yourself doing something impressive, share your talent with the world or simply record a wacky event that you happened to be a witness of. For example, the clip of Will Smith slapping Chris Rock at this year's Oscars went viral. A celebrity slapping another celebrity is hardly a meme, but the sheer absurdity of such an event made the Internet lose it. Better keep your

camera at the ready... You know, just in case you happen to witness another huge celebrity scandal and get the opportunity to make the Internet explode.

Meme On

A well-timed meme is a great way to relieve tension in an online conversation, so even if you don't aspire to become a known memer, it's worth knowing how to make them. It's not difficult at all and it's good to keep a few memes up your sleeve at all times. After all, these days, memes are the universal language. //

4 **obviously** /'əbviəslɪ / /'a:bviəslɪ / oczywiście
equally / równie

to spread | rozprzestrzeniać się
to trace sth back to sb | wyśledzić kogoś
watermarking | oznakowanie znakami wodnymi

nickname | ksywka

removed | usunięty

frankly | szczerze

to bother | trudzić się

to score sth | tu: zaliczyć coś

stroke of luck | łut szczęścia

hardly | prawie (nie ma), zaledwie

measly | marny, nędzny

random | przypadkowy

effortless | w który nie włożono wysiłku

crafted | przygotowany

to get a knack for sth | nabräć w czymś wprawy

to differentiate sth from sth | odróżniać coś od czegoś

(Don't) Get Ratioed!

Getting ratioed has been gaining popularity as one of the freshest expressions of Internet slang lately. *Ratio* happens when replies to a post get more reactions (likes, hearts, etc.) than the post itself. For example, hot takes (controversial opinions) can often be met with *ratio*, because the majority of commenters don't agree with the stance of the OP (original poster).

to gain popularity | stawać się popularnym

majority of sb | większość kogoś

to agree with sth | zgadzać się z czymś
stance | stanowisko

original poster | osoba, która wstawiła post

to stand a chance | mieć szansę

no matter | nieważne

a different ball game | zupełnie inna para kaloszy

in order to | aby, żeby

wacky | zwariowany

to be a witness of sth | być świadkiem czegoś

to slap sb | s/policzkować kogoś
sheer | czysty

5 **to relieve sth** | z/łagodzić coś

at all | w ogóle

to keep sth up one's sleeve | mieć coś w zanadru

a few | kilka



Situations

by Joel Henderson

What to say when...



someone has found a new job...

- Congratulations! Good luck with your new job!
- That sounds like an incredible opportunity! I hope you make the most of it!

good luck | powodzenia

incredible | in'kredəbl | niewiarygodny

You want to thank someone for something

- Thank you for your gift! It's exactly what I wanted!
- Thanks for your help. I really appreciate it!

to appreciate sth | doceniać coś, być wdzięcznym za coś

You want to ask for permission to do something

- Would you mind if I (opened the window)?
- Is it ok if I (sit here, open the window, etc.)

to ask for permission | pytać o pozwolenie

Would you mind... | Czy nie masz nic przeciwko...

You want to end a conversation

- It's been nice talking with you, but I have to get going.
- Would you mind if we chat later?
- I have a meeting in five minutes, I'll give you a call.

to chat | po/gawędzić, po/gadać

to give sb a call | przedzwonić/zadzwonić do kogoś

You will be late

- I'm sorry. I will be late 5 minutes.
- I'm on my way, I'll be there as soon as possible.
- I'm sorry I couldn't make it in time.

Someone annoys you

- Could you please stop (speaking to me like that... doing....)
- I find that annoying, please stop.

to annoy sb | denerwować, irytować kogoś
annoying | irytujący, denerwujący

You want to borrow something

- Could you lend me (some money, etc.)?
- Could I borrow (some money, etc.)?

to borrow sth | tə 'borəʊ / 'bɔ:reəʊ 'sʌmθɪŋ
| pożyczać coś (od kogoś)

You need to check something or think about something

- A: Would you have time later to meet?
- B: Let me see.

Let me see. | Sprawdzę. Pozwól, że sprawdzę.

You are at a restaurant

- Is there a table for four (people)?
- Excuse me, I'm ready to order.
- Could you bring the bill, please?
- Excuse me, could I have some more water (another beer)?

to order sth | zamawiać coś, składać zamówienie na coś

bill | rachunek

You would like to ask for advice

- What would you do in this situation?
- What do you think I should do?

to ask for advice | pytać, prosić o radę

Talk about food preferences

- I love pizza (Italian food).
- I'm not fussy about spicy food.
- I can't stand cheese!
- I prefer tomato soup.

fussy about sth | wybredny co do czegoś

spicy | pikantny

I can't stand... | Nie znoszę...

Want to make plans with someone

- A: Do you have any plans Friday evening?
- B: I don't have anything scheduled.

scheduled | zaplanowany

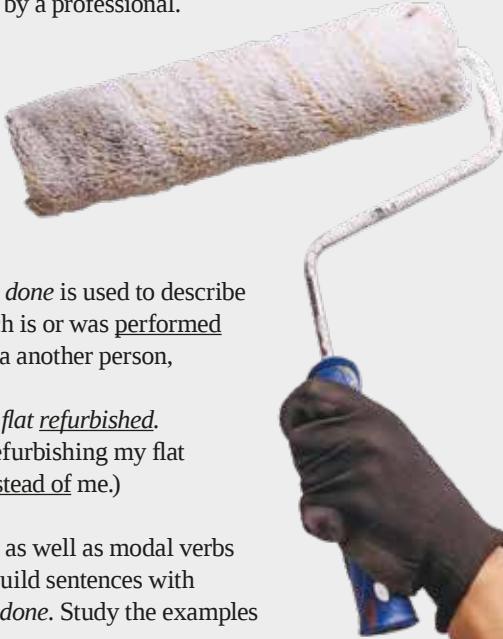
- A: Do you feel like going to the cinema on the weekend?
- B: Sorry, I have something planned already.

You ask someone to do a favour

- Excuse me, could you do me a favour?
- Could you help me move this table?
- Could you open the door for me?

to do a favour | wyjaśnić przysługę

Who says that life has to be difficult? If you don't feel like doing something yourself or you don't know how to do certain things, don't wring your hands or tear your hair out, get the job done by a professional.



Have something done is used to describe an activity which is or was performed for someone by another person, for example

- *I'm having my flat refurbished.*
(Someone is refurbishing my flat for me, and instead of me.)

Different tenses as well as modal verbs can be used to build sentences with *have something done*. Study the examples below.

- Present Continuous: **I'm having** my flat **refurbished**.
- Present Simple: **I have** my flat **refurbished**.
- Past Simple: **I had** my flat **refurbished**.
- Past Continuous: **I was having** my flat **refurbished**.
- Present Perfect: **I've had** my flat **refurbished**.
- Present Perfect Continuous: **I've been having** my flat **refurbished**.
- Past Perfect: **I had had** my flat **refurbished**.
- Future Simple: **I'll have** my flat **refurbished**.
- Future Continuous: **I'll be having** my flat **refurbished**.
- Must: **I must have** my flat **refurbished**.
- Should: **I should have** my flat **refurbished**.

Interestingly, *have something done* can be replaced with *get something done*. Especially, when the imperative is used, e.g. *Get your car mended!* or when the activity required a lot of effort or energy, e.g. *I finally got my appendix removed*. Other uses of *have something done* are also possible, e.g.

- I enjoy having my meals prepared for me.
- I want to have my nails done.

Obviously, it is also possible to make negative sentences as well as questions with *have something done*, for instance:

- Have you had your lawn mowed?
- Are you going to have your dishwasher repaired?
- I haven't had my wisdom tooth taken out.

So, if something must be done, remember that there is more than one way to skin a cat. You can either try to be self-sufficient and do everything on your own or you can depend on others and have it done for you.



to wring one's hands

| załamywać ręce

to tear one's hair out

| te'a(r)/ter wʌnz heə(r)/

her aʊt

| rwać sobie włosy

z głowy

performed

| wykonany

refurbished ,ri:'fɜ:bɪʃ /

,ri:'fɜ:bɪʃt | odnowiony,

odświeżony

instead of sb

| zamiast/

za kogoś

replaced with sth

| zastąpiony czymś

imperative | tryb

rozkazujący

mended | naprawiony

to require sth | wymagać

czegoś

effort | wysiłek

appendix ə'pendiks

| wyrostek robaczkowy

obviously | oczywiście

lawn lɔ:n | trawnik

mowed məʊd | przycięty,

przystrzyżony

wisdom tooth | ząb

mądrości

there is more than

one way to skin a cat

| zawsze znajdzie się

jakiś sposób, jest wiele

rozwiązań

either...or... | albo...albo...

self-sufficient

| samowystarczalny

to depend on sb | polegać

na kimś

Setting Off to Dorset

by Paul Martin, from Go Native – Online English School



Dorset, in the south of England, is a popular tourist destination for British holidaymakers, as well as those from further afield. In this article, *English Matters* goes on the hunt for the best places to visit, and finds out why the county is known for its so-called “Jurassic coast”.

to set off to X | wyruszać do X

county | hrabstwo



POBIERZ ZA DZIĘKUJĘ
CORONUM MEDIA PL-CZTUKI

Dorset is a largely rural English county, and whilst most of its inhabitants live in its towns, the region is notable for its lack of cities. The rules with which different nations differentiate between towns and cities vary, but in the UK it is typical that a place is given city status if it has a Cathedral, or has a large enough population. So far, no Dorset town has qualified, but perhaps that's a blessing in disguise, as it certainly ensures the county's peace and serenity.

The largest town can be found at Bournemouth, famous for its Premier League football team, and featuring a popular beach along which you will find the quintessential English seaside experience of fish and chips, games arcades, seagulls and deck chairs. Oh, and perhaps a splash of good old-fashioned rainy British weather, too.

If you fancy a slightly quieter experience, head down to Poole. So beautiful that Lord of the Rings author J.R.R. Tolkien made it his home during retirement, Poole also has a stunning beach of its own called Sandbanks, which runs like an arrow along a peninsula at the mouth of perhaps the town's most impressive feature.

Poole Harbour, Europe's largest natural harbour, was formed at the end of the last ice age and was one of the main invasion points for the Roman army

- 1 **rural** /'ruərəl/ | wiejski
- inhabitant** | mieszkaniec
- notable** | godny uwagi
- lack of sth** | brak czegoś
- to vary** | różnić się
- blessing in disguise** 'blesɪŋ ɪn dɪs'gaɪz |
- | szczęście w nieszczęściu
- to ensure sth** | zapewniać coś
- serenity** sə'renəti | spokój
- quintessential** .kwɪn'tɛsənl̩ |
- fundamentalny
- fish and chips** | ryba z frytkami
- seagull** | mewa
- deck chair** | leżak
- splash of sth** | kapka czegoś
- to fancy sth** | tu: mieć ochotę na coś
- to head down to X** | kierować się, zmierzać do X
- retirement** | emerytura
- peninsula** pə'nɪnsjələ / pə'nɪnsələ |
- półwysep
- harbour** | port



Lulworth



conquering Britain. Today, much of the north and east of the harbour plays host to companies operating boat tours, and is also a popular area for watersports such as water skiing, wakeboarding, windsurfing and kitesurfing.

On the harbour's west bank you'll find a natural conservation area, home to many wild birds, as well as one of the largest remaining red squirrel populations, the indigenous squirrel of the British isles which was largely wiped out by the introduction of the much-maligned grey squirrel from North America in the 1870s.

Jurassic Coast

A little further west down the coastline from Poole, at Lulworth cove, something truly remarkable can be spotted. During the Jurassic period 150 million years ago, there was a global drop in sea levels. This enabled plants and trees to begin growing into a dense forest, which, when sea levels began to rise again, flooded and died.

However, the tree stumps and roots were preserved by sediments and algae and they remain visible to this day. It's a stunning sight, but be aware that as the "fossil forest" lies within an active military range, it is only possible to visit when the area is made open to the public.

But Lulworth is not the only opportunity you'll have to step back millions of years, because all along the Jurassic coast can be found various spots at which you

2 to play host to sth | być gospodarzem czegoś
bank | tu: brzeg

squirrel | skwɪrəl / 'skwɜːrəl | wiewiórka

indigenous | rdzenny, miejscowy, rodzimy

wiped out | pot. wyteponięty, wykończony

much-maligned | wzgardzony

cove | zatoczka

spotted | zauważony

drop | spadek

to enable sth to do sth | umożliwić czemuś

z/robienie czegoś

dense | gęsty

to flood to flad | tu: zostać zalany

stump | pień

preserved | zachowany

sediment | osad

sight sət | widok

aware | świadomy

fossil | skamienina

within sth | w obrębie czegoś



can go fossil hunting for yourself. Perhaps two of the best, and safest places to do this, are at Charmouth or Lyme Regis, where you can very likely discover fossilised crustaceans that have fallen from the cliffs. At Charmouth, there is also an education centre, great for kids, where you can view some of the most impressive fossils that have been discovered over the years.

Natural Beauty?

During the 1940s, the British government introduced a new scheme designed to conserve and enhance what they called Areas of Natural Beauty (AONB), creating

parts of the countryside which should be protected from urban development, and Dorset has one across a whole swathe of its rural landscape.

Two real highlights from within the AONB to be included in any itinerary are the Cerne Abbas Giant and Durdle Door, both of which catch the attention, but for very different reasons.

The Cerne Abbas Giant is a hill figure – an impressive artwork built into a natural hillside using trenches and outlined using chalk – the origins and age of which are not exactly clear to archaeologists, with some debate as to whether it dates from as early as the 10th century or as late as the 17th.

3 fossilised /'fɒsəlaɪzd/ /'fə:səlaɪzd/

| skamieniały

crustacean /krʌ'steɪfn/ | skorupiak

to enhance sth | polepszyć coś

4 urban | miejski

swathe of sth | pas, połać, duża część czegoś
highlight | główna atrakcja

What is clear, and frankly readers this cannot be put any differently, is the Giant's giant manhood. The figure, from head to toe is 55 metres high and features a prominent erect penis and testicles, some 11 metres high. Thought to be a fertility symbol, it is not for nothing that the giant is known as Britain's most famous phallus.

If you'd prefer something a little less X-rated but no less fascinating, head back down towards the coast to reach Durdle Door. A natural limestone arch which extends from the land into the sea, it wraps around the western ridge of a picturesque beach, offering a window out on to the ocean from

included in sth | włączony w coś

itinerary /ɪ'tɪnərɪ/ | plan podróży

chalk /tʃɔ:k/ | kreda, wapień

origins | pochodzenie

5 frankly | szczerze

manhood | męskość

prominent | tu: wydatny

testicles | jądra

fertility | płodność

X-rated | dozwolony od lat 18

limestone | wapień

arch | łuk

to wrap around sth | owijać się wokół czegoś

picturesque | malowniczy



A natural limestone arch wraps around the western ridge of a picturesque beach, offering a window out on to the ocean from your vantage point on the beach, and the perfect spot for keen selfie takers to take a memorable shot.

your vantage point on the beach, and the perfect spot for keen selfie takers to take a memorable shot.

Tanks a lot!

Dorset also has strong connections to the British military, with a number of facilities in active operation across the region. If you're keen on military history or military vehicles, you should mark a spot in your calendar for a trip to the Bovington Tank Museum, which plays host to the world's largest collection of tanks and the world's third largest collection of military vehicles.

6 **vantage point** | punkt obserwacyjny
facility | udogodnienie
vehicle 'vi:əkl / 'vi:hɪkl | pojazd
 7 **originally** | początkowo
to undergo sth | przejść przez coś, być poddanym czemuś
numerous | liczny
taken out | wyciągnięty, wyjęty, wyprowadzony

Originally set up upon the recommendation of another British literary giant with connections to the county, Rudyard Kipling, the museum has undergone numerous modernisations in recent years and hosts special event days in which many of its vehicles are taken out and driven in anger around the museum's open air arena. And by the way, for those of you not planning a trip to the region any time soon but with an interest in all things tank, be sure to check out the museum's YouTube channel which brings many of the exhibits to life online.

Royal Residences

What trip to the UK would be complete without paying a visit to royal destinations? Corfe Castle, dating back to the 11th century and built upon the orders of William the Conqueror, the first Norman King of England, has substantial ruins which remain remarkably well preserved. Lose yourself by imagining the various invasions and incursions to have taken place there over the years.

For something with a connection to contemporary royalty, be sure to stop by for lunch in Poundbury. This so-called 'new town' has been a work in progress since 1993, and is being constructed according to the classical architectural principles of Charles, Prince of Wales, heir to the British throne.

Poundbury's buildings appear to be much older than they actually are, and have split opinion amongst critics. Be sure to visit if you're keen to observe what can become of your imagination when you happen to be a Royal Prince, and decide for yourself whether a step back is in fact a step forward.

From Door to Dorset?

If Dorset's offer of natural treasures, living history, beautiful beaches, military

in anger | w realu
by the way | przy okazji
exhibit ɪg'zɪbit | eksponat
to pay a visit to X | złożyć wizytę w X
contemporary | współczesny
according to sth | według czegoś
principle | zasada
heir | sukcesor

exploits or royal retreats has taken your fancy, then you might be further tantalised by the fact that direct flights are available to Bournemouth Airport from central European destinations such as Budapest, Wrocław and Kraków. Perhaps your next holiday is just a couple of clicks away? //

Fact File – Don't say rabbit!



One final spot to add to your to-do list is the Isle of Portland. A tied island – i.e. an island connected to the mainline by a thin ribbon of land – Portland is home to several quarries producing the internationally famous and much desired construction material Portland Stone, used extensively at Buckingham Palace, St Paul's Cathedral and the United Nations HQ in New York City. Do be careful, however, with what you say whilst you're there. For an unclear reason, most likely connected to superstitions related to accidents in the quarries themselves, the word 'rabbit' is taboo on the island, where locals prefer to refer to them by euphemisms like "Underground Mutton", "long-eared furry things" or "bunnies".

quarry 'kwɔri / 'kwa:ri | kamieniołom
superstition | przesąd

to appear | wyglądać
actually | w rzeczywistości
to split | podzielić
 8 **exploit** | wyczyn
retreat | tu: zacisze, ustronie, azyl
to take sb's fancy | podobać się komuś
tantalised | tu: skuszony
available | dostępny

Now Showing: The Royal Family

by Owen Williams

The world's obsession with the royal family has kept the Queen and co. in the public eye for decades. Join *English Matters* as we look at the best films and TV shows about the royal family.



Queen Elizabeth II has actually played herself in a fictional mini-film! As part of the London 2012 Olympic Games opening ceremony, she starred alongside Daniel Craig in a 'Bond saves the Queen' scene.

The Queen and her family are often shown on screen – on news reports and planned recordings. Any public speech that Her Majesty makes is broadcast on TV – from the yearly Christmas message, to addresses to parliament. Beyond that though, there's a host of fictional

shows featuring the Royals, and numerous adaptations/interpretations of the private affairs of the House of Windsor. From feature films about the life of the incumbent ruler, Queen Elizabeth II, to historical pieces with portrayals of heads-of-state from centuries ago, the screen time devoted to the royal family

1 recording | nagranie

broadcast | wyemitowany

address | *tu:* przemowa

though | jednak/że

host of sth | całe mnóstwo czegoś

2 numerous | liczny

incumbent | *ɪn'kʌmbənt* | osoba piastująca

urząd, *tu:* obecny, aktualny

ruler | władca, rządzący

head-of-state | głowa państwa

devoted to sb/sth | poświęcony komuś/

czemuś

3 to contain sth | zawierać coś

rundown of sth | przegląd czegoś

performance | wystąpienie, występ

to award sb | *tə ə'wɔ:d / ə'wɔ:rd* | *'sʌmbədɪ*

| nagrodzić kogoś

honorary | *'ɒnərəri / 'ɑ:nərəri* | honorowy

chairman | przewodniczący

memorable | zapadający w pamięć

sight | *sait* | widok

to act as sb | grać, występować jako

ktoś

to take on sth | podjąć się czegoś

outstanding | wybitny, wyjątkowy

to capture sth | uchwycić coś, oddać coś

(np. na ekranie)

notable | *'nəʊtabl* | godny odnotowania

contains everything from comedy to tragedy. Here's our rundown of some standout performances, and the best shows for royal viewing.

Starring the Queen

Queen Elizabeth II has actually played herself in a fictional mini-film! As part of the London 2012 Olympic Games opening ceremony, she starred alongside Daniel Craig in a 'Bond saves the Queen' scene! Her Majesty was awarded an honorary Bafta a year later for her lifelong support of the British film and television industry. During the awards ceremony Bafta chairman John Willis described the Queen as, "the most memorable Bond girl yet!"

Portraying the Queen

The press knows the sight, sound and public behaviour of the Queen so well that acting as the monarch is not an easy role to take on. Many have tried however, with some recent performances being reviewed as outstanding. One of the best performances of Queen Elizabeth II came from an acting queen – Helen Mirren. She played the title role in Stephen Frears' 2006 film *The Queen* and received fantastic reviews. The film centres on the time just after the death of Lady Diana and Elizabeth's reaction to it – something that Mirren captured so well that she was awarded the Best Actress Oscar for her performance.

Other notable performances as Queen Elizabeth II come from the small screen,



▲ Cate Blanchett in the 1998 film *Elizabeth*

The King starring Timothée Chalamet as King Henry V



◀ Helen Mirren in *The Queen*



▶ *Wolf Hall* stars Damian Lewis as King Henry VIII



▲ Claire Foy in *The Crown*



▶ Colin Firth and Geoffrey Rush in *The King's Speech*

Baftas

Commonly known as 'The Baftas,' the British Academy Film Awards are Britain's version of the Oscars.

They're hosted by the British Academy of Film and Television Arts (BAFTA) and take place every year in London.

to take place | odbywać się



via the recent *Netflix* series *The Crown*. The show chronicles the life of Her Majesty, and therefore has a few different actresses play the lead. In the first two series, Claire Foy plays a young Elizabeth expertly – the actress (who had previously played Henry VIII's second wife, Anne Boleyn in the series *Wolf Hall*) won the Golden Globe for Best Actress in a Dramatic TV Series in 2017. For seasons three and four, Olivia Colman took up the role, and earned herself an Emmy and a Golden Globe for her performances. Watch out for the final two series – they will star Imelda Staunton as the Queen.

Other Queens and Kings on Screen

It's not just the current monarchy that are portrayed in modern productions. Many shows and films are made about the British royal family of times gone by (often with more leeway for interpretations and dramatisation). *The Crown*'s Olivia Colman played another queen in one such film – she performed as Queen Anne in the 2018 blockbuster *The Favourite*. This role was a breakthrough performance in America for the British star of the small-screen. Her acting was so well received that Olivia won the Best Actress Oscar for playing Queen Anne.

There are two notable depictions of King Henry V on screen – the first is Kenneth Branagh's 1989 film version of the Shakespearean play *Henry V*. The second is the more-recent *Netflix* film *The King* starring Timothée Chalamet as King Henry V. Both films are based on accounts of the royal family written by William Shakespeare and both concentrate on

battles with France. Although not necessarily historically accurate throughout, both films are noted for their great acting.

Queen Elizabeth I (reigned 1558 – 1603) has also been shown on screen in recent times. She was expertly played by Cate Blanchett in the 1998 film *Elizabeth* – it depicts her coming to the throne and taking rule of a country that was going through a tough time. The performance is equalled by that of Dame Judi Dench in her take on Elizabeth I as part of the film *Shakespeare in Love*. Although mostly fictional, the film still shows the Queen of the time in a realistic manner.

Wolf Hall stars Damian Lewis as King Henry VIII in a story of deadly reign, six wives, turmoil, betrayal, and uprising. It's a well-known period of British history, but one that's packed full of important events. The show has received good reviews from critics and has been awarded with a Golden Globe and many Baftas.

For a look at a more recent part of the history of the royal family, the biopic *Victoria* gives a more interesting look at the late Queen's life than the unimaginative name may suggest. It stars Jenna Coleman as Queen Victoria, showing the key moments of the Queen's life. The film *The Young Victoria* follows a similar theme, except it's a film rather than a series, so it only shows the first part of Victoria's reign. It stars Emily Blunt in the title role.

The King's Speech

Finally, a film that deserves a special mention – Tom Hooper's 2010 story of the relationship between King George VI and his speech therapist. Starring Colin Firth as King, this critically-acclaimed film scored the Oscars for Best Picture, Best Director (Hooper), Best Actor (Firth), and Best Original Screenplay. It also won seven Baftas in 2011. Alongside Firth, the film features Helena Bonham Carter as Queen Elizabeth (the King's wife), Michael Gambon as King George V, Guy Pearce as King Edward VIII, and Freya Wilson as a very young Princess Elizabeth (the future Queen Elizabeth II). Although the film concentrates on a short period in the history of the royal family, the story and acting are so compelling that *The King's Speech* should be a film that any fan of the royals watches.

Famous Family

As well as the films and shows based on the life and times of members of the royal family, there's also a choice of documentaries about these famous people. Whether you're interested in the true story of Harry and Meghan living in the USA, or you'd rather see a depiction of the English Throne 600 years ago, there's a TV show or film out there for you. //

4 via sth | poprzez coś

therefore | dlatego

a few | kilka

lead | *tu:* główna rola

previously | wcześniej, uprzednio

to take up sth | przejąć coś

to earn oneself sth with sth | zdobyć coś za coś

current | obecny

leeway | swoboda działania

blockbuster | hit

breakthrough | przełomowy

depiction | odmłodzenie, przedstawienie

account | relacja

5 although | chociaż

accurate | dokładny

to depict sth | przedstawiać coś

to equal | *tu:* zrobić coś tak samo dobrze

turmoil | chaos, zamieszanie

betrayal | zdrada

uprising | powstanie, rewolta

biopic | biografia

unimaginative ,ʌnɪ'mædʒɪnətɪv

| niewyszukany

except sth | z wyjątkiem czegoś

critically-acclaimed | chwalony przez

krytyków

to score sth | *tu:* zdobyć coś

compelling | przekonujący

6 whether | czy

Common Names

The royals choose a name when they become King or Queen. Here are the most common names in the history of the royal family:

Kings of England: 8 Henry and Edward; 6 George; 4 William; 3 Richard; 2 Charles and James; 1 Stephen and John.

Queens of England: 2 Elizabeth and Mary; 1 Victoria and Anne.

Rack Your Brain

by Katarzyna Szpotakowska

Put the words in the correct order.

- I / am / car / my / fixed / having
- She / just / her / had / windows / has / cleaned.
- the / We / had / tree / yesterday / felled.
- Sheila / her / has / dry-cleaned / clothes / every / week.
- have / usually / my / by / car / driven / a / chauffeur / I.
- He / eyes / have / his / tested / must.
- They / would / like / redesigned / have / their / living / to / room.
- having / the / food / are / delivered / We.

Answers key: (a) I'm having my car fixed. (b) They have just had their windows cleaned. (c) We had the tree felled yesterday. (d) Sheila has her clothes cleaned. (e) I usually drive my car driven by a chauffeur. (f) He must have his eyes tested. (g) They would like to have their living room redesigned. (h) We are having the food delivered.

Read the article *Her Majesty the Queen*. Mark the statements TRUE or FALSE.

- The year 2022 marks the platinum jubilee of Queen Elizabeth II.
- Queen Elizabeth used to call herself 'Lilibet' as a child.
- In 1945, Elizabeth trained as a pilot and mechanic in the women's army.
- Elizabeth and Prince Philip were distant relatives.
- Queen Elizabeth didn't get married at Westminster Abbey.
- Prince Charles is the Queen's first born child.
- The coronation ceremony of Queen Elizabeth II was televised for the first time in history.
- An intruder, Michael Fagan, broke into the Queen's bedroom in Buckingham Palace while she slept.
- Prince Charles and Lady Diana formally separated in 1995.

distant | daleki

relative | krewny

abbey 'æbi | opactwo

to break into sth | włamać się do czegoś

Answers key: (a) T, (b) T, (c) F, (d) T, (e) F, (f) T, (g) T, (h) T, (i) F

Read the article *Setting off to Dorset* and match the halves.

- **weather**
- **for**
- **tour**
- **in disguise**
- **chips**
- **on**
- **forest**
- **the attention**

blessing	
famous	
boat	
fish and	
dense	
rainy	
keen	
catch	

disguise dis'gaɪz | przebranie

chips | frytki

Answers key: blessing in disguise, famous for, boat trip, fish and chips, dense forest, rainy weather, keen on, catch the attention

Guess the missing word.

- Thanks for your help. I really it!
- Would you if I closed the door?
- I have a train to catch in five minutes, I'll give you a
- I'm my way.
- Could you me some money?
- I can't spicy food.
- Do you like having a picnic on Sunday?
- Could you me a favour?
- Better late than
- Let's it a day!

spicy | pikantny

Answers key: (a) appreciate, (b) mind, (c) call, (d) on, (e) end, (f) stand, (g) feel, (h) do, (i) never, (j) call

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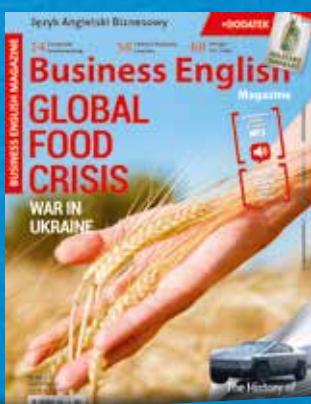


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